

Storage Tips & Tricks

Mushrooms- Normally it would be ok to store in the original container. In this case you may have some leafy greens that are wet above the mushrooms so you would want to remove them and place them in a brown paper bag. Do not store in a zip lock bag. Mushrooms need to breathe. Wipe clean with a damp cloth before using. If rinsing, use as little water as possible dry before preparing. They should be used within a couple of days. To prolong storage clean and cook and then store Sauté to have them ready for a soup or stew or sauce.

Asparagus- To store, place the ends in a container of water. If storing for a couple of days leave room for possible growth and check the water level each day or wrap in a damp paper towel and store in plastic. Cleaning asparagus. Run under cold water gently rubbing the stalk and the tip. You may also soak in cold water. To ensure grit is removed, bring a pan of water to a boil, add a little salt. Add asparagus for 2-3 minutes to release any sandy soil remove and drop into an ice bath to stop the cooking. Store asparagus for later use. Use in salad, roast, or sauté in olive oil and serve with lemon.

Radishes and beets. When the root vegetable comes to you with the tops attached you should cut the tops from the root and store in two separate containers. Slice radishes into salads, cut in ½ and roast, or slice onto lightly buttered bread, sprinkle with salt and some chopped herbs for an English Tea Sandwiches. Radish tops can be added to salads or give Radish Top Soup a try. Wrap the beets in aluminum foil and roast until fork tender when you receive them. That way they will be ready to use in your recipes.

Leafy greens- Leafy greens have been washed and they will come to you damp. They have been watered or washed or iced. You may clean them when you receive them or as you use them. Either way before they are refrigerated, they should be dry, wrapped or layered in paper towel and stored in plastic, bags, or containers. To clean greens: Fill a pan with cold water, plunge in the leafy greens, Swish the greens. Allow to sit. Gently, lift out the greens, check the bottom of the pan for grit/sand/dirt. Repeat until the water is completely clear. Drain and allow to dry. Wrap in paper towel and place in a plastic bag or layer paper towel in a container. Refrigerate, use the most tender greens 1st within a couple of days.

To revive wilted greens- Place wilted greens in a bowl of ice water, with ice. Allow to sit for at least 30 minutes. Then drain or spin, dry and store in the refrigerator in paper towel and plastic. Spinach- can be washed and dried before storing. Store spinach wrapped in paper towel or in layers of paper towel. Dried leaves can keep up to one week. Wilted Spinach Salad, Creamed Spinach, Stir Fry, Sautee with Garlic, shallots, onion as a side or as a bed under Chicken, fish, sliced steak, Mix into eggs for omelets or fill the omelet, Wilt spinach into soups, stews, sauces, Greek Spinach Feta Pie, Spanakopita, Quiche, add spinach to smoothies, add to ricotta cheese for Lasagna for Spinach Stem Recipes, look at Pantryfun.com

Week 5 Fresh Inspirations May 23rd– 29th 2022

It is spring and our CSA boxes are filled with so many leafy greens, roots, and stems. Asparagus is a major part of our shares as it is a perennial crop. Most leafy greens like the cooler weather. In recent years we have been able to grow for early shares in our high tunnels, structures that look like greenhouses, but they do not have heaters.

Supermarkets have removed seasonality from our memories and our from our meal plans. We can get anything we want all year long. We sometimes forget what is actually in season. Eating in season is what our bodies need. After the comfort foods of the winter, the stems and leaves are lighter fare. Perfect for warming temperatures.

In past years I would say to plan your meal around the salad. In spring it is not an afterthought it is the meal however greens can be wilted into soups and stews, even sauces and some dishes like shrimp scampi and sausage and peppers, and a stir fry. The key is to try to embrace each season and crop. Sometimes it does mean trying something new. However, our seasoned members can tell you, when you don't want to try, Harvey will allow you to make a trade. As the season progresses you will see more availability with that program as well.

We do have four seasons and before you know it, In the weeks to come crops will change and shares will change. The production team is planting every day. Shortly the first fruit of the season will be fruit added as well. That is always a treat!.

This week has us looking forward to that first unofficial weekend of summer. We are all making plans to spend some time outside with friends and family. Many of us will be planning to barbeque and so salads will pair perfectly with your grilled choices. I am planning for some overnight guest so a breakfast/brunch tart will be one of my many preparations. Of course, I will be using my Alstede Eggs for that recipe, and I am including a favorite recipe that we have used before at the farm for deviled eggs. Lettuce is in abundance; it looks as though beets will add some gorgeous color to many of our tables and asparagus continues to be harvested daily.

The leeks this week in the share have been over wintered. That might be a term that you have heard before. I however always say, we learn something new every day. I always thought that the farmers did a special fall planting to winter over leeks, which is incorrect. The leeks that you are receiving now are from seeds planted in the greenhouse along with all of the varieties of onions last year, 2021. There is a second planting started in the greenhouse in the spring as well. The seeds are slow to germinate so the seeds are not planted directly into the field. The production team will harvest some of the leeks in the fall the rest are protected from extreme cold with row cover. Right now, they have leeks planted for 2023!

In the garden this week we will be adding one tender perennial herb. Oregano can be added to your pot with thyme, waiting for rosemary and sage. Depending on the size of the pot. Don't overcrowd the herbs. We want them to flourish and grow to their fullest potential. Have you been pinching the herbs, the plants will become full, and it will discourage flowers and seeds. Removing a small portion of the top of each stem will encourage new growth.

I hope that you have been watching e-mail lately. We are getting closer and closer to the start of strawberry season. There are two strawberry breakfasts planned for June. We will also honor "Dads" with events on June 18th and 19th. All of these events will be held at the Christmas Barn so it will be a new experience for all of us. I hope to see you there!!!

If for any reason you need administrative help get in touch with Trish@alstedefarms.com or call 908-879-7189. If you have any ideas or recipes to share, contact jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo



Every week for over a year now I have been assigned the task of writing a recipe for "Eating in Season." This week I developed two recipes using beets. In one recipe the beets are raw in the other, roasted with leeks. Either way they are a gorgeous color that lends itself to nutrients that are really not found almost anywhere else. Very often I roast beets whole, the day I bring home my share. This recipe calls for peeling and cutting into pieces. The beets are roasted separately from the leeks on the same baking sheet to avoid the color running onto the leek.

Roasted Beets and Leeks

- 1-2 servings
- 1 small to medium beet
- 1 medium leek
- ¼ medium red onion
- 1 clove of garlic, minced
- Olive oil
- Balsamic vinegar
- Pinch of fresh chopped rosemary
- Kosher salt



Torn arugula or sauteed beet greens or lettuce for a bed for serving
 Crumbled goat, blue, feta, or gorgonzola for serving (optional)

Preheat the oven to 425. Cut the beet in ¼'s and slice. Slice the leek and clean, drain well. Slice the onion and mince the garlic. Line a baking sheet with parchment paper. Place the beet into a small bowl and drizzle with a little balsamic vinegar and olive oil. Turn onto the baking sheet. In a separate bowl, add the leek, red onion, and garlic. Drizzle with balsamic vinegar and olive oil and sprinkle with a little salt and the rosemary, stir to coat the vegetables. Turn onto the sheet in a separate space, spreading to form a single layer.. Roast for 10 minutes, check vegetables. Stir if needed. Roast and additional 5 minutes as needed. Vegetables should be crisp, tender and edges of leeks should be lightly browned. Toss vegetables together. Line the plate with some arugula or lettuce. Drizzle with a little balsamic and olive oil. Sprinkle with a little salt to taste. Top the greens with beets and leek mixture, crumble some cheese over the top. Serve.

Beet, Radish, Carrot Citrus Salad

Serves 2-3

- 1 small beet, 1 medium Carrot
- 1 large Radish, 2-3 large lettuce leaves
- ½ bunch torn arugula, ¼ c olive oil
- 2 T orange juice
- 1 T lime juice, 1 T lemon juice
- 1/8-1/4 t Dijon mustard
- 1 T honey, or to taste, Kosher salt
- Chopped parsley, Zest of ¼ orange rind



Peel the beet and carrot. Cut the beet in half and the carrot into 3-4 pieces. Using the grater attachment of your food processor, shred the radish first, remove and shred the carrot, remove, and shred the beet. Place a large leaf of lettuce on each salad dish. Dress the arugula with some of the citrus dressing and sprinkle of salt, toss. Top each lettuce leaf with a portion of the arugula. Top with some of each of the shredded vegetables, drizzle with dressing, and sprinkle with salt to taste. Top with some orange zest and chopped parsley.

Week 5 Harvest!

Asparagus

Spinach

Button Mushrooms

Baby Bella Mushrooms

Collard Greens

Dill

Oregano Plants

Lettuce

Kale

Basil

Mint

Leeks

Swiss Chard

***Your actual CSA share contents will be listed on the label inside of your box and may differ from this list. Your share contents are based on your individual preferences and customizations that you make on your Harvie profile, as well as changes in availability.*



Asparagus Brunch Tart

- 1 Sheet of Frozen Puff Pastry defrosted
- ½ bunch asparagus, cut into 1" pieces
- ½-3/4 cup shredded Gruyere cheese
- 3-4 Alstede Farms eggs
- Prepared Hollandaise Sauce
- Chopped parsley leaves



Roll the sheet of puff pastry to a 10 x 10" square. Fold the edges of the pastry over about 1/2" Place the pastry onto a parchment lined sheet.

Using a fork, pierce the pastry, place the sheet into the freezer for an hour or two

Preheat the oven to 425, place the pastry into the oven to bake and lower the temperature to 400.

Bake the pastry for 20 minutes or until golden brown. Remove from the oven.

Allow the pastry to cool. If the pastry has puffed up, gently press down. Lower the oven to 350.

While the pastry chills and bakes, clean and cut the asparagus. Steam or blanch until crisp tender. Drain. (Can be done a day or 2 ahead). Heat a sauté pan with a little olive oil. Add the asparagus and allow to cook until fork tender. Set aside.

Prepare a pan to poach eggs and prepare hollandaise sauce, homemade or using a store-bought packet. Sprinkle the crust with Gruyere cheese, top with asparagus. Place the tart in the oven while you poach the eggs and warm the sauce. The cheese in the tart should melt 8-10 minutes. Remove from the oven, top with eggs, spoon sauce over the eggs. Sprinkle a little chopped parsley for garnish, cut into 3-4 squares or wedges. Serve.